



BHSS Name: _____

Session # _____

Patient Name: _____

Date: _____

“Behavioral Activation”

Agenda for Session 1

1 Hello, my name is ... I’m a Behavioral Health Support Specialist

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- a. My role is to meet with patients who report symptoms of depression or lowered interest and talk about some self-management options.
- b. Today’s agenda is to review symptoms of depression, discuss what depression is, and discuss how an approach called Behavioral Activation can help. Anything you would like to add to the agenda?

2 First, I would like to review the PHQ-9 form that you filled out.

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- a. Which symptoms have bothered you the most? Tell me about them.
- b. How long have you been experiencing these symptoms? What do you think they are due to?
- c. What are your goals regarding these symptoms and how they have been affecting you? What would you like to see change?

③ I would like to give you some more information about depression.

[Introduce Form A]



- a. Depression is a medical illness that can be treated.
- b. Depression includes emotional, physical and cognitive symptoms.
- c. It is difficult to really know what causes depression, but it can be changes in brain chemistry, a traumatic experience, life stresses, or some combination.

④ I would like to tell you about how Behavioral Activation works ...

[Introduce Form B]



- a. Behavioral Activation can help an individual recover from depression. Typically involves meeting for 30 mins, once a week, for 4-8 weeks.
- b. Depressed mood can lead to a change in normal routine and doing fewer enjoyable activities. Doing less can make people feel worse emotionally and can create a vicious cycle. Have you noticed this is true for you?
- c. Engaging in more physical and social activities can help break this cycle of depression and improve your mood, interest level, and energy. Have you noticed this is true for you?
- d. Very important to follow through on activities you may plan to do *before* waiting to feel more motivated.



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5 Our next step is to list out some activities that are pleasant and rewarding for you. [Introduce Form C]

- a. What are some physical activities that you find enjoyable? Let's rate each activity for difficulty [Easy, Medium, or Hard].
- b. What about social activities? Rate Easy, Medium, or Hard.
- c. What about hobbies and recreational activities? Rate Easy, Medium, or Hard.
- d. Anything else that you may have been avoiding doing, or withdrawing from? Rate Easy, Medium, or Hard.

6 Now let's pick and schedule 1 activity a day for the week.

[Introduce Form D]

- a. Which activities would you like to start with for the week?
- b. What time of the day? For how long? With whom? Let's Review plan and how feasible each activity is.
- a. Please check off on form whether you completed each activity, and rate your satisfaction level after doing each activity.
- b. Remember that it is important to follow through in order to improve mood and interest level. But it's ok if you don't get to everything!



7 Summarize and Conclude

- a. Make photocopies of completed Forms C and D. Put Forms A, B, C, and D in a folder.
- b. Discuss with patient where to put folder at home.
- c. Encourage patient to bring folder to next session.



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Behavioral Activation

Agenda for Follow-Up Sessions



1 Let's set an agenda for today and complete a PHQ-9 to see if any improvements.

- a. Today's agenda is to: 1. Review your current symptoms of depression; 2. Review your activities from last week; and 3. Schedule some new activities for this week. Anything you would like to add to the agenda?
- b. Since we started working together would you say that you are doing better? Or is there no change? Or are you feeling even worse?
- c. Which symptoms have bothered you the most? Tell me about that.

2 Let's discuss the activity form from the previous week. [Refer to completed Form D]



- a. Which activities were you able to do? How satisfied were you?
- b. Which activities were difficult? (What got in the way? What might work better?)
- c. Remember that engaging in these activities can help improve mood, interest level, and energy.

3 Now let's pick and schedule 1 activity a day for this week. [Use a new Form D]

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- a. Which activities would you like to start with for the week?
- b. What time of the day? For how long? With whom? [Review plan and how feasible each activity is.]
- c. Please check off on form whether you completed each activity, and rate your satisfaction level after doing each activity.
- d. Remember that it is important to follow through in order to improve mood and interest level. But it's ok if you don't get to Everything!

☐

4 Summarize and Conclude

- a. Make photocopies of completed Forms C and D; put Forms A, B, C, and D in folder.
- b. Discuss with patient where to put folder at home.
- c. Encourage patient to bring folder to next session.